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Housekeepers' Chat Wednesday, October 23, 1929

NOT FOR PUBLICATION

Subject: "Care of Young Children." Approved by Children's Bureau, U. S. Dept. of Labor. Menu and recipe from Bureau of Home Economics, U. S. D. A.

Bulletins available: "Infant Care" and "Lamb as You Like It."

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The other day I was talking with a young mother who has one of the prettiest, chubbiest babies you ever saw.

"I like your Wednesday talks about children," said this young mother. "I hope you can make women realize what a lot of help they can get from their government, particularly from the Children's Bureau of the Department of Labor. Aunt Sammy, a young mother gets so much advice, from well-meaning friends, that she is bewildered. Of course, in some cases this advice is all right, but you've got to have some standards of your own, against which to measure the things you're told. Baby care is a great art, and a great science, and the most important job any woman ever undertakes."

I asked this young mother which one of the Department of Labor bulletins she had found most helpful, before and after her baby came.

"The book called INFANT CARE," she replied. "I found in this 118-page book all the information I needed, supplemented with the advice of my doctor and nurse. It was such a relief, to get one book I could depend upon. INFANT CARE contains chapters on selecting a home for the baby, and chapters about the care of the child -- how to dress him, bathe him, feed him, treat him when he is sick -- all the things which bewilder and worry a young mother, unless she has reliable advice to follow. If I were you, Aunt Sammy, I'd tell every mother in the radio audience to send for this book, on INFANT CARE."

The baby cooed and smiled. "See, Aunt Sammy?" said the proud young mother. "If I hadn't had a good doctor, and a good nurse, and a good book like INFANT CARE -- I might not have had such a good baby!"

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What the young mother said is right. I thoroughly agree with her, about the book called INFANT CARE, and I'll be glad to send a copy of this free book to every one who writes for it. Send your requests to me, and I'll forward them to the Children's Bureau of the Department of Labor.

I'd like to send a copy of this book to a certain mother I know, who still believes in birthmarks. She worries considerably about such foolish superstitions.

R-H.C.

Of course, all of us know two or three superstitions which have grown up around the mother and the baby. Some of these had their origin years ago; others spring up from time to time. Most of these beliefs are silly, even dangerous. One of these foolish traditions is that biting, instead of cutting, the baby's finger nails will keep him from becoming a thief. Another, that his condition is affected by the phase of the moon; another, that wearing charms of various kinds will ward off disease, or that bad luck will follow, if the baby sees himself in a looking glass.

No modern mother, intelligent enough to read, allows herself to be influenced by any of these old wives' tales.

The first question today is this: "How can I cure my child of thumb-sucking?" This question is answered in the book I've just mentioned. Other "bad habits" are treated in the same chapter. It is well for us who have the care of children to remember that habits are the result of repeated actions. The wise mother strives to start the baby right. A properly trained baby is not allowed to learn bad habits, which must be unlearned later, at great cost and patience.

Once more, let me emphasize the value of the book I have referred to: INFANT CARE. If you are interested, please send your requests to me.

The Menu Specialist has planned a meal today which she says is especially "for the younger generation." By the way, don't you think the Menu Specialist should have a rising vote of thanks, now and then, or a Chautauqua salute? It takes a lot of time and thought to plan meals which are just exactly right -- you have to keep in mind the proper amounts of starchy vegetables and leafy vegetables, fruits, and so forth -- not to mention vitamins and minerals and other important things you can't see.

Today, we get some of our vegetables in a tasty Lamb Stew. Besides Lamb Stew, this meal for the younger generation includes Baked Potatoes, white or sweet; Hot Baked Apple; and Chocolate Bread Pudding.

If you don't have a recipe for Lamb Stew, and want one which is very, very, good, consult the Lamb Leaflet. Yes, the very identical lamb leaflet I described the other day, and I can hear a dozen people whispering to themselves; "Doesn't Aunt Sammy ever make a talk without mentioning a leaflet?" Well -- hardly ever. You see there are so many tempting government leaflets and bulletins.--I wish you had copies of them.

Now, where were we? In a stew -- a Lamb Stew -- I told you where to find the recipe for that. Serve the Baked Potatoes nice and hot, and don't forget the butter. Serve the Hot Baked Apple with the main course -- it isn't dessert today. Dessert is Chocolate Bread Pudding.

Speaking of bread pudding, do you know what's happened? I read that a certain baking company is going to sell bread in slices, protected so that they'll keep fresh for several days. Which means there won't be any

stale bread, and then there won't be any bread pudding.

They say that in New England, where bread pudding ranks with baked beans and boiled dinners, it will be mighty hard to do away with the ancient and honorable bread pudding, because generations of New England boys and girls have learned to love their bread pudding, especially that kind filled with raisins, and covered with lemon sauce. You know the kind.

Have we time to write a recipe for Chocolate Bread Pudding? Perhaps, if we hurry. This is a dandy winter dessert, and delicious enough for a fancy dinner. Seven ingredients, for Chocolate Bread Pudding:

2 cups fine stale bread crumbs	2/3 cup sugar
4 cups milk	2 eggs
2 squares unsweetened chocolate	1/4 teaspoon salt, and
	1/2 teaspoon vanilla

Seven ingredients: (Repeat)

Melt the chocolate in a double boiler. Add the sugar, and then gradually add the milk. When well mixed, add the bread crumbs and salt. Beat the eggs. Stir into the eggs, a portion of the hot mixture. Then add this to the part in the double boiler. Remove from the heat, and add the vanilla. Pour into a greased baking dish, set in a vessel partly filled with water, and bake in a moderate oven, until the pudding is firm in the center when cut with a pointed knife. Serve either hot or cold, with plain or whipped cream.

To repeat the menu: Lamb Stew; Baked Potatoes, white or sweet; Hot Baked Apple; and Chocolate Bread Pudding.

Thursday: "Milk and The Household Refrigerator."

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